

Chronic Disease

Key Priority Areas

Physical Activity

Metrics

- Percent of adults who are not participating in enough physical activity to meet guidelines (BRFSS). Baseline: 77.5% Target:
- Percent of high school students who were physically inactive at least 5 of the last 7 days. Baseline: 48% Target:
- (also moved issues of walkability/bikability and alternative modes of transportation from Environment group to here)

Evidence Based Interventions

- Worksite wellness interventions
- Effective urban design and transportation and land use policies
- Community based informational campaigns (multi-sectoral)
- Point of decision prompts to use stairs
- Community wide social support interventions (walking groups, contracts with others etc)
- Individually adapted behavior change programs
- School based physical education programs
- Active transport to school
- Creation of or enhanced access to places for physical activity ¹

Community Resources

- Trails Rx
- Bike Trails/Trail System and Walking Paths
- Hiking and Skiing
- Dynamos
- Wildlife Center
- Youth Sports
- Dirt Divas
- Stepping Out
- Tennis/Golf Courses, Schools
- Worksite Wellness Programs
- Commuter Challenge
- School Sports/School PE
- Walking School Bus, Parks, Soccer
- Volleyball
- State Spring Fitness Program

¹ http://www.cdc.gov/obesity/downloads/PA_2011_WEB.pdf
<https://www.healthypeople.gov/2020/topics-objectives/topic/physical-activity/ebrs>

- Pickle Ball
- Meet Up groups focused on physical activity
- Strong Women Healthy Hearts
- YMCA
- DEEP
- Bike Walk Helena
- SNAP-Ed
- Hunting and Fishing Access
- Lakes and Outdoor Activities
- Area Health Clubs

Obesity

Metrics

- Percent of adults that are obese (BRFSS). Baseline: 30.7% Target:
- Percent of high school students that are obese (YRBS). Baseline: Target:

Evidence Based Interventions

- Interventions to reduce screen time
- Electronic or mobile technology to support coaching or counseling for weight loss or maintenance
- Worksite programs focusing on weight loss²
- Planet Health: School Based Intervention to Prevent Obesity³ (combination of changing school lunch, reducing screen time, modifying PE and reducing television viewing) and other multi-factorial school programs⁴

Community Resources

- Lead: Healthy Communities Coalition
- Trails Rx, Trail System
- Parks
- Stepping Out
- Inch by Inch Program
- COC MT State
- School District
- Health Department
- Plan 4 Health grant
- YMCA
- Helena Community Pool and Rec Center

² <http://www.thecommunityguide.org/about/What%20Works-Obesity%20BROCHURE.pdf>

³ <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2563774/>

⁴ <http://www.aafp.org/afp/2012/0701/p30.html>

- Revised Growth Plan
- Diabetes Education and Clinical Nutrition Classes
- County Health Plan
- Community Health Clubs
- Community Golf Course and CC-Skiing
- Parks and Rec Department
- Food Banks
- Before School Activity (Bryant School)
- DEEP, Strong Women Health Hearts- MSU Extension
- School Activity, School Lunch
- SNAP-Ed MSU Extension

Tobacco Use

Metrics

- Percent of adults that report any tobacco use in the last month (BRFSS) Baseline: Target:
- Percent of high school students that report any tobacco use in the last month (YRBS) Baseline: 38.5% Target:

OR

- Percent of adults that report current smoking (BRFSS-does not include e-cigarettes) Baseline: 18.9% Target:
- Percent of high school student that report current smoking (YRBS) Baseline: 18.4%, Goal 17.5%cent of adults that report current smoking

Evidence Based Interventions

- Smoking bans and restrictions
- Increasing unit price for tobacco products
- Mass media campaigns (combined with other interventions)
- Provider reminders to discuss smoking cessation + provider education
- Reducing patient out of pocket costs for effective cessation therapies
- Multi-component patient telephone support (QuitLine)^{5, 6}
-

Community Resources

- Quit For life
- ReACT
- State and Local Programs
- Tobacco Free Parks
- MTUPP
- Health Department
- QuitLine

⁵ <http://www.thecommunityguide.org/tobacco/tobac-AJPM-recs.pdf>

⁶ http://www.cdc.gov/tobacco/stateandcommunity/best_practices/pdfs/2014/comprehensive.pdf

- 4H
- Clean Indoor Air Act
- Tobacco Free Parks